Physical Program Brief AY 05

CPT Cushen – DPE Guidance Officer
53rd Division, RM 5323, x 5259

Purpose

To inform the Corps of Cadets about the four-year Physical Program and DPE Curriculum

Mission

The Department of Physical Education develops warrior leaders of character who are physically and mentally tough by engaging cadets in activities that promote and enhance a healthy lifestyle, physical fitness, movement behavior, and psychomotor performance.

Agenda

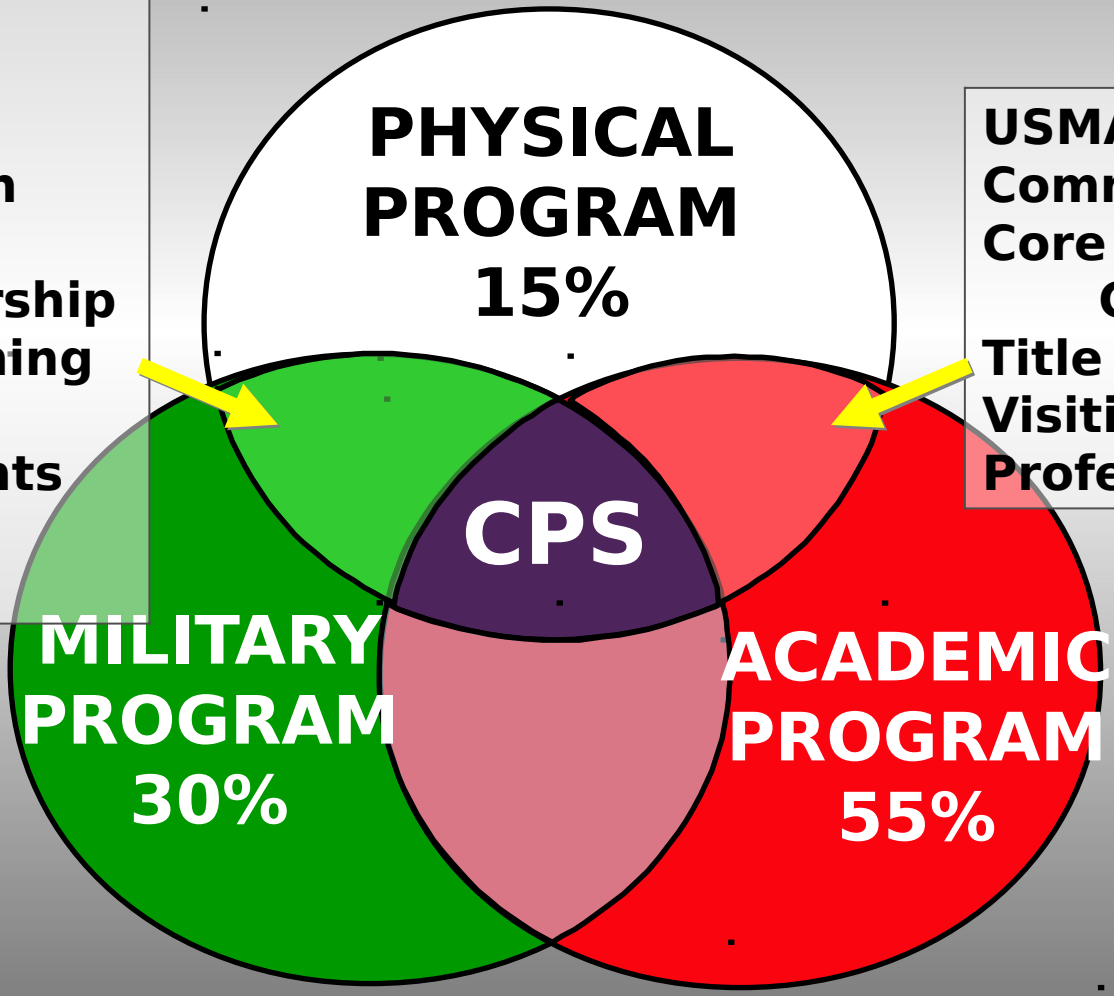
- Introduction
- Class Coordinators
- Competitive Sports
- Testing Office
- Individual and Unit Awards
- Guidance Office

Cadet Performance Score

Academic + Military + Physical
(55%) (30%) (15%) ((CPS))

Summer Training
WFL Certification
Intramural Leadership
Commissioning

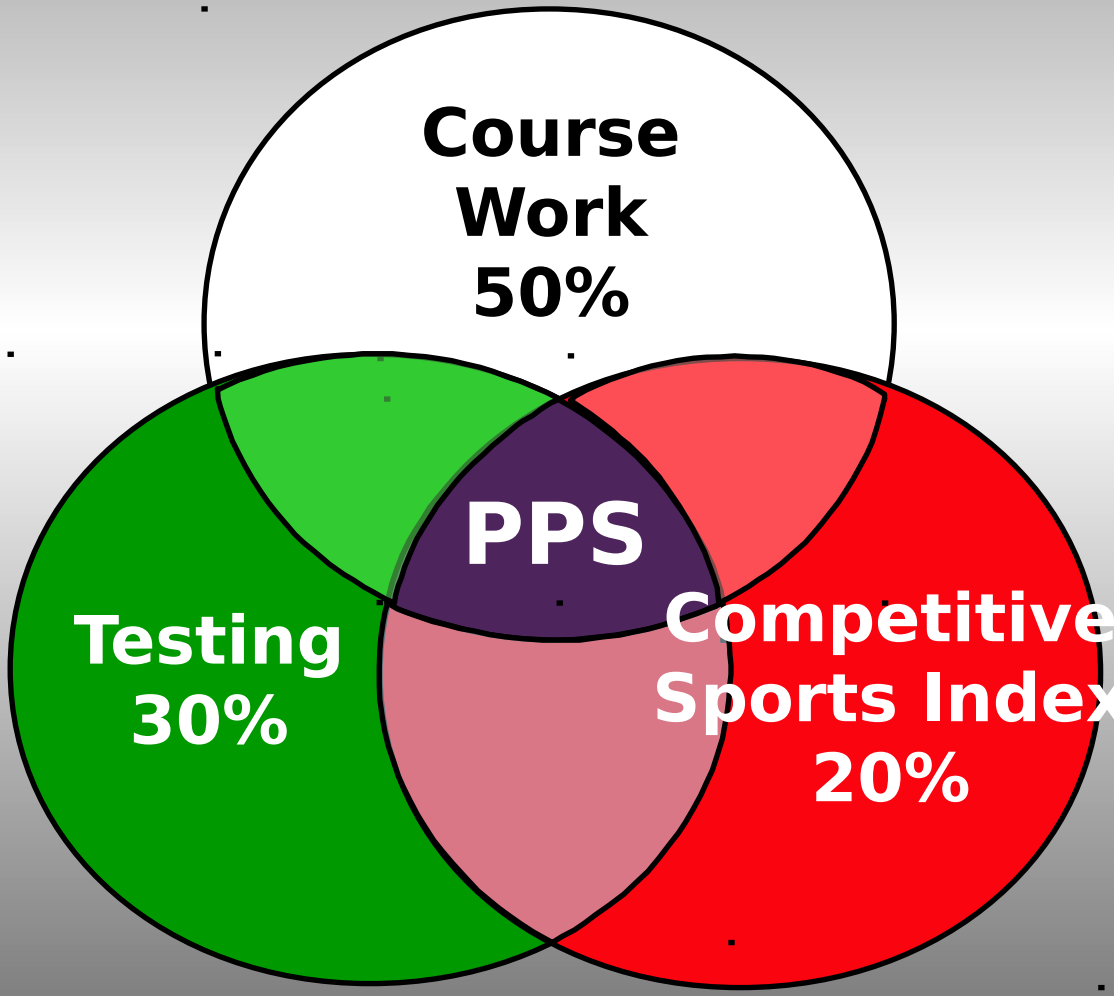
Requirements
Values
Education



USMA Committees
Core Academic Courses
Title 10 Faculty
Visiting Professor

Physical Performance Score (PPS)

Courses + Testing + Competitive Sports Index
(50%) (30%) (20%)



Graduated PPSC Minimums

- **Plebe year PPSC > 1.85**
- **Yearling year PPSC > 1.90**
- **Cow year PPSC > 1.95**
- **Firstie year PPSC > 2.0**

*Cadets that fall below these minimums will appear before the Aca

DPE Class Coordinators

MAJ Wright – 4th Class

MAJ Gallagher – Upperclass

53rd Division 2nd Floor, RM 5323

USMA Physical Program Pathway

LIFETIME FITNESS

OFFICERSHIP

Warrior Fitness Leader

1º CBT/CFT Cadre

Lifetime Sport
APFT/IOCT

2º CBT/CFT Cadre

Fitness Leader II
Lifetime Sport *(elective)*
APFT/IOCT

3º CFT Combatives III

Fitness Leader I Combatives IV
APFT/IOCT

4º CBT Combatives I

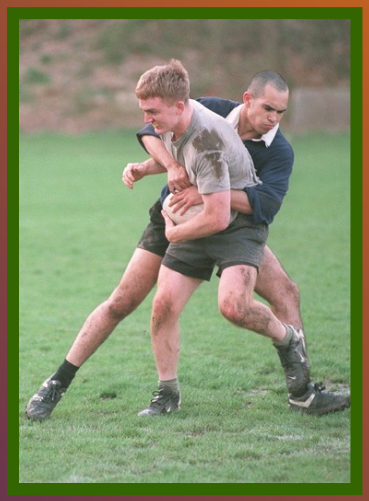
Survival Swimming
Combatives II
MIL MOV – Gym
APFT

(Knows)

(Be - Value)

(Does)

Competitive Sports



Service to Society

Time Honored Performance

Leaders of Character

War Fighters

Development

Application

AY '04 CURRICULUM

YEAR	COURSE NAME	COURSE #(PE) & Abbreviation
4º (plebe)	Survival Swimming 4 levels (some take TWO) Combatives II Boxing (Men) Self-Defense (Women) Military Movement(Gym)	109 (SF), 110 (SE) 111 (SL), 112 (SH), 113 (SA) PE116 (BX) PE115 (SD) PE117 (MM)
3º (yearling)	Fitness Leader 1 Combatives IV	PE 211 (FL1) PE212 (CB IV)
2º (cow)	Fitness Leader 2 Lifetime Sport (optional)	PE 311 (FL2) PE414- 451 (LS)
1º (firstie)	Lifetime Sport	PE412-451 (LS)

*Minimum passing score -- 65.0 each course

Summer Term Academic Program

* There are two objectives for DPE STAP:
  1. To remediate a course failure from the previous academic Year.

  2. To remediate all “No Credit” (NC) cadets who missed a 4th Class course because of illness or injury.

* Reasons Cadets may be remanded to DPE STAP are:
  1. All 4th class Term 2 failures.

  2. Rising 2nd and 1st class cadets that owe a 4th class DPE course may be enrolled in STAP

  3. Rising 3rd class cadets that owe more than one 4th class DPE course may be enrolled in STAP

Plebes

- Yearlings
  - Discuss Rounds 1 and 2 (Odd/Even)
    Example: Section A1 = round 1
    A2 = round 2
  - Recon Classes (Swim/Box/Cmbt./Mil.Mvmt.)
  - No less than one 4th Class Course (1st term)
  - Football Players will take PE116 2008-2
  - Plebe has NC or fail two classes = STAP
  - Print off a new schedule Friday after COB

Upper-Class

3rd Class = PE211 and PE212

2nd Class = PE311 (LTS Optional)

1st Class = Lifetime Sport

Owe a plebe class = STAP

Lifetime Sports

- 1st & 4th Regiment (1st Class Mandatory / 2nd Voluntary)
- 2nd & 3rd Regiment (1st Class Mandatory / 2nd Voluntary)
- Academic schedule impacts your LTS
- 2nd Class Participation does not = 1st pick next yr
- Print off your schedule Friday after COB

Competitive Sports Update

MAJ Rogers

Mr. Helfgott

53rd Div, 4th Floor, RM 5343

Discussion

- Every cadet must participate in a competitive sport during each academic term.

- Corps Squad, Competitive Sport Club teams, and Intramurals all receive Competitive Sports grades each semester.

Competitive Sports Index

- Formerly known as Athletic Participation (AP) Grade
- 3 parts:
  - Athletic Participation Report (APR)
  - Athletic Participation Time (APT)
  - Athletic Performance Index (API)
- Each counts 1/3 toward overall CSI grade. (CSI = 33%APR + 33%APT + 33%API)

Competitive Sports Index

- Athletic Participation Report (APR)
  - Captures Army Values, sportsmanship & fair play of each team member.
- Submitted electronically for each team member.
- Forced distribution applies to all levels (IM, Club & CS).
- Rating scheme remains the same.

ATHLETIC PARTICIPATION REPORT

For use of this form, see Annex D, USCC SOP, the proposed agency is Leader Development Branch

DATA REQUIRED BY THE PRIVACY ACT (U.S.C, 552a)

1. AUTHORITY: See 301 Title 5 USC; See 3012 Title 10 2. PURPOSE: USMA Form, 2-543R Cadet Performance Report serves as a guide for the cadet performance and development, enhances the accomplishment of the organization mission, and provides additional performance information to the rating chain. 3. ROUTINE USE: USMA 2-543R will be maintained in the TAC file. 4. DISCLOSURE: Disclosure of SSN is mandatory to insure this form gets into the correct cadet personnel file.

PART I - ADMINISTRATIVE

a NAME of Rated Cadet (Last, First, MI)	b. SSAN	c. GRAD YEAR	d. AY COMPANY	e. DUTY POSITION

h. TYPE OF REPORT: ☐ CIC ☐ Official ☐ Coach ☐ Player

f. PERIOD COVERED			
FROM		THRU	
MONTH	YEAR	MONTH	YEAR

9. SUMMER ENTRIES ONLY ☐ CST ☐ SGR ☐ O ☐ CFT ☐ Air Assault

PART II - AUTHENTICATION (Rated cadet's signature verifies cadet has seen completed CPR Parts I-VII and the admin data is correct)

a. NAME OF RATER (Last, First MI)	RANK	POSITION	SIGNATURE	DATE
b. NAME OF REVIEWER (Last, First MI)	RANK	POSITION	SIGNATURE	DATE
c. For Chain of Command Reports ONLY: A face-to-face counseling took place between the rated cadet and the rater on:			d. SIGNATURE OF RATED CADET	DATE

PART III - PROFESSIONALISM PERFORMANCE (Rater)

CHARACTER Disposition of the cadet: combination of values, attributes, and skills affecting cadet actions

a. ARMY VALUES (Comments mandatory for all 'IMPROVE' entries. Use space provided)

1. **HONOR:** Adherence to USMA and the Army's publicly declared code of values — Poor / Below AVG / AVG / Above AVG / Excellent

2. **INTEGRITY:** Possesses high personal and moral standards: honest in word and deed — Poor / Below AVG / AVG / Above AVG / Excellent

3. **COURAGE:** Manifests physical and moral bravery — Poor / Below AVG / AVG / Above AVG / Excellent

4. **LOYALTY:** Bears true faith and allegiance to the U.S. Constitution, the Army, the U S. Military Academy, and the unit. — Poor / Below AVG / AVG / Above AVG / Excellent

5. **RESPECT:** Promotes dignity, consideration, fairness & EO — Poor / Below AVG / AVG / Above AVG / Excellent

6. **SELFLESS SERVICE:** Places Army and USMA priorities before self — Poor / Below AVG / AVG / Above AVG / Excellent

7. **DUTY:** Fullfills professional legal, and moral obligations — Poor / Below AVG / AVG / Above AVG / Excellent

b. **LEADER ATTRIBUTES / SKILLS / ACTIONS:** First, mark each block. Below average ratings require comments in the space provided and on the reverse in PART IV. Comments are optional for all "AVG" and above entries.

b.1. *ATTRIBUTES*	**MENTAL** - Possesses desire, will, initiative, and discipline — Poor / Below AVG / AVG / Above AVG / Excellent	**PHYSICAL** - Maintains the appropriate level of physical fitness and military bearing — Poor / Below AVG / AVG / Above AVG / Excellent	**EMOTIONAL** - Displays self-control an Appropriate behavior — Poor / Below AVG / AVG / Above AVG / Excellent
b.2. SKILLS (Competence) (Skill development is part of self Development; prerequisite to action	**CONCEPTUAL** - Demonstrates sound judgment critical/creative thinking, and moral reasoning — Poor / Below AVG / AVG / Above AVG / Excellent	**INTERPERSONAL** - Shows skills with people: coaching, teaching, counseling, motivating and empowering — Poor / Below AVG / AVG / Above AVG / Excellent	**SPORT SKILLS** - Possesses the nece expertise to accomplish all tasks and functions — Poor / Below AVG / AVG / Above AVG / Excellent
b.3. ACTIONS (LEADERSHIP)			
INFLUENCING Method of reaching goals while Operating / improving	**COMMUNICATING** - Displays good oral, written, and listening skills for individuals / groups — Poor / Below AVG / AVG / Above AVG / Excellent	**DECISION-MAKING**-Employs sound judgment, logical reasoning and uses resources wisely — Poor / Below AVG / AVG / Above AVG / Excellent	**MOTIVATING** - Inspires, motivates & guide others toward mission accomplishment — Poor / Below AVG / AVG / Above AVG / Excellent
OPERATING Short-term mission accomplishment	**FITNESS** – exhibits a level of physical Fitness commensurate with a military lifestyle — Poor / Below AVG / AVG / Above AVG / Excellent	**FAIRPLAY**-Displays sportsmanship and Respect for rules — Poor / Below AVG / AVG / Above AVG / Excellent	**WINNING ATTITUDE** – displays Appreciation for elements of competition — Poor / Below AVG / AVG / Above AVG / Excellent
IMPROVING Long-term improvement in the Army Its people and organizations	**TEAMWORK** – demonstrates social Interaction needed for team success — Poor / Below AVG / AVG / Above AVG / Excellent		

Rating Scheme (IMs)

Rater	Rated	Number Rated
Sport Educators	CIC	4
CIC	Coaches	8
	Officials	8-16
Coaches	Players	12-22

Rating Scheme (CS & Club)

Rater	Rated	Number Rated
Coach/Assistant	CS Player	N/A
Club OIC/Coach	Club CIC	N/A
CIC	Club Players	N/A

Rating Scheme (CPRP/CZCP)

Rater	Rated	Number Rated
DPE Testing	Cadre	N/A
DPE Testing	CPRP/CZCP Cadets	D

DPE Raters exempt from forced distribution

Competitive Sports Index

- Athletic Participation Time (APT)
  - Captures amount of time a cadet is engaged in Competitive Sports.
- Corps Squad – 90+ days (A)
- Club Sport – 80+ days (A-)
- Intramural – 24 days (B)

Competitive Sports Index

- Athletic Performance Index (API)
  - Captures success of team during competitive season; based on winning percentage/Banker's Trophy standings.
- Corps Squad & Club Sport:
  - .700 or better = A
  - .600 - .699 = A-
  - .600 and below = B+

  *Win against Navy/Air Force adds 10% to winning percentage
- Intramural:
  - 1st & 2nd place in Regt = A
  - 3rd & 4th place = A-
  - 5th – 8th place = B+

Athletic Officer Responsibilities

- Read USCC Circular 28-1: duties and responsibilities
- Intramural program management:
  - Fill sport team rosters by priority
  - Assign coaches and officials
  - Disseminate info i.e. schedules
  - Report IM accountability
- Rosters:
  - Maintain company rosters of CS, Club and IM athletes; verify participation.
  - Confirm with IM coaches; update changes in IM manager program.

Athletic Officer Responsibilities

- Competitive Sports Index:
  - Enter API portion of CSI for IMs.
  - Ensure IM coaches complete APRs for all cadets on team.
  - Verify all cadets have met participation requirements and verify all grades.

Corps Squad

Corps Squad athletes earn their respective grade for each term in which they appear on a corps squad roster for the ***entire term***

- If a cadet is cut from a team or ends his or her participation, that cadet must meet the baseline requirements through participation in Competitive Clubs or Intramurals
- Non-playing managers, photographers, and/or trainers **must** participate in Intramurals in at least one competitive sport season

Corps Squad Sports

Baseball Men	(CSBA)
Basketball Men	(CSBB)
Basketball Women	(CSWB)
Cross Country Men	(CSCC)
Cross Country Women	(CSWC)
Football Men	(CSFB)
Sprint Football Men	(CSFT)
Golf Men	(CSGO)
Gymnastics Men	(CSGY)
Hockey Men	(CSHO)
Lacrosse Men	(CSLX)

Note: See USMA Reg 28-12 for beginning and end dates of seasons by sport

Rifle Men & Women	(CSRI)
Soccer Men	(CSSR)
Soccer Women	(CSWS)
Softball Women	(CSSF)
Tennis Men	(CSTN)
Tennis Women	(CSTW)
Track Men	(CSTR)
Track Women	(CSTK)
Volleyball Women	(CSWV)

Competitive Sport Club

Competitive Sport Club athletes must be on a roster approved by DCA and be receiving Competitive Sports Authorizations for each term

-Single season sports receive IM authorizations for both seasons, but must participate in drill during the off season

DPE Competitive Club Seasons

Sport	Season	#	
Boxing	Spring	24	
Crew	Fall/ Spring		89/89
Cycling	Spring	18	
Equestrian	Fall	20	
Fencing	Fall	30	
Judo	Fall	20	
Lacrosse (Women)	Spring	26	
Marathon	Fall	20	
Martial Arts	Spring	20	
Mountaineering	Fall	30	
Orienteering	Fall	20	
Powerlifting	Fall/ Spring		68/40
Rugby (Men)	Fall/ Spring		40/40
Rugby (Women)	Fall	10	
Sailing	Spring	15	
Ski (Alpine)	Spring	15	
Ski (Nordic)	Fall/ Spring		32/36
Sport Parachute	Spring	26	
Team Handball (Men)	Spring	26	
Team Handball (Women)	Spring	20	
Triathlon	Spring	16	
Volleyball (Men)	Fall	20	
Water Polo	Spring	15	
Wrestling (Freestyle)			

***All Competitive Clubs receive full CCT and IM authos, in accordance with the numbers above, in the Winter.**

Intramural

Intramural athletes must participate in one intramural per term or become a rostered CS or Competitive Sport Club Team athlete

Intramural Accountability

- 1615-1830 IM Time
  - Maximize time on task/increase fitness component
  - Release no earlier than 1800
- Accountability Formation
  - 1610 Fall In
  - 1615 Release to run to practice areas

Intramurals Offered

Fall 16AUG-12NOV	Spring 28FEB-13MAY
Boxing	Rugby
Football	Orienteering
Biathlon	Team Handball
7x7 Soccer	Pass and Go
Goaltimate	Tactical Paintball
Wrestling	Combat Grappling Sandhurst

Brigade Opens

- Voluntary
- No effect on CSI grade
- Variety of offerings

BDE Opens

5x5 Basketball

Bowling

Indoor Soccer

Downhill Ski

Volleyball

Boxing

Wrestling

Swimming

Golf

Winter Session

29 NOV-25 FEB

- **Physical Development Time 1600-1830, 2 times / week**
- **Club tryout opportunity**
- **IOCT Train-up**
- **BDE Opens**

Testing Update

MAJ McNeill
CPT Collins
CPT Pudil
53rd Div, 2nd Floor, RM 5321

Agenda

- **Mission**
- **Task Organization**
- **Testing Responsibilities**
- **Testing Requirements**
- **CPRP/CZCP**
- **Testing Schedule**
- **Testing Booklet**
- **Army Age/Gender Mins and Maxs**
- **Awards**

Testing Mission

***Conduct Fitness Evaluations for USCC**

-APFT, IOCT, Alternative Tests (10km bike test; 10 minute swim test, IOCT 12 minute bike test)

***Monitor and retest all APFT failures**

***Plan, coordinate, and execute Commandant's Physical Readiness Program (CPRP)**

***Maintain test statistics for all classes**

http://www-internal.dpe.usma.edu/testing/dpe_testing_office

Task Organization

- **Testing Officer**
  - **MAJ Mike McNeill**
- **Asst. Testing/CPRP Officer**
  - **CPT Daryl Collins**
- **Asst. Testing/CPRP Officer**
  - **CPT Pudil**
- **Training Technician**
  - **Mrs. Stacy Schaefer**

Testing Responsibilities

- **SME on APFT/IOCT/Alternative Tests**
- **Conduct make-up/retests for APFT and IOCT**
- **Run CPRP and administer 90-day retest APFT's**
- **Prepare and track Separation Packets**
- **Monitor and test SAP Athletes**
- **Execute bi-annual DPE APFT**

Testing Requirements

- **IOCT**
  - **1st, 2nd, 3rd class all tested for record**
    - **Stand alone fitness test**
  - **Taught to 4th class during Military Movement, then tested**
- **APFT**
  - **DPE administers 2 record tests a year for all classes**
- **CPRP**
  - **Mandatory for all IM and Club athletes that fail APFT**
- **USCC SOP**
  - **Enrollment in CZCP/CPRP results in revoked privileges**

Commandant's Physical Remediation Program

- **Carried over from last Academic Year**
- **Failed CFT Final APFT**
- **Failed CBT Final (Plebe Fall APFT)**
- **Failed an MDS for any physical reason**

http://www-internal.dpe.usma.edu/testing/dpe_testing_office_

- **CPRP will start on Tuesday, 17 August.**
- **Corps Squad Athletes will not be enrolled in CPRP, but must remediate.**

Commandant's Zone of Concern Program

- **Pass a record APFT, but score 180-220 or less than 70 point on any event.**
- **Regain privileges by scoring at or above their class standard set by BTD in Greenbook.**

CZCP will start on 17 AUG

Summer CPRP (SCPRP)

- **All Spring APFT Failures**
- **Fall APFT Failures that owe a 90 day re-test**
- **Corps squad athletes that owe a 90 day re-test at the beginning of graduation week**

Testing Schedule AY 04-05

- **1st Semester:**
  - **30-31 JUL Plebe Fall APFT**
  - **16 AUG: CS APFT**
  - **AUG-DEC: CPRP**
  - **20-21 SEP: APFT for Upper classes**
  - **08 OCT: DPE APFT**
  - **12 NOV: Make-Up APFT**
  - **15 NOV – 10 DEC: IOCT Improvement**
  - **7-9 DEC: Alternate APFT**
  - **10 DEC: CSFB/SAP APFT**

Testing Schedule AY 04-05

- **2nd Semester:**
  - **JAN-MAY CPRP**
  - **04-21 JAN IOCT Improvement**
  - **19 JAN: CS APFT**
  - **24-27 JAN: IOCT for 1st , 2nd and 3rd Class**
  - **04 FEB: IOCT Retest/Make-up**
  - **04 MAR: IOCT Retest/Make-up**
  - **11-12 APR: Spring APFT**

Testing Schedule AY 04-05

- **2nd Semester:**
  - **22 APR: DPE APFT**
  - **29 APR: IOCT Retest/Make-up**
  - **04 MAY: Waiting on ODIA??**
  - **10-12 MAY: Alternate APFT**
  - **13 MAY: CSFB/SAP/APFT**
  - **23 MAY: Summer CPRP Starts**

Fitness Testing Booklet

- **Test Standards**
- **Test Briefings**
- **Awards**
- **Alternate Test Standards**

Army Age and Gender Specific Maximums

AGE GROUP

EVENT	17-21		22-26	27-31
PUSH-UPS (MEN)	71	75	77	
PUSH-UPS (WOMEN)	42	46	50	
SIT-UPS (MEN)	78	80	82	
SIT-UPS (WOMEN)	78	80	82	
2MR (MEN)	13:00		13:00	13:18
2MR (WOMEN)	15:36		15:36	15:48

IOCT TAB TIMES

MEN	WOMEN
2:38 or faster	3:35 or faster

Army Age and Gender Specific Minimums

EVENT	AGE GROUP 17-21	22-26	27-31
PUSH-UPS (MEN)	42	40	39
PUSH-UPS (WOMEN)	19	17	17
SIT-UPS (MEN)	53	50	45
SIT-UPS (WOMEN)	53	50	45
2MR (MEN)	15:54	16:36	17:00
2MR (WOMEN)	18:54	19:36	20:30

IOCT MINIMUM PASSING TIME

MEN	WOMEN
3:30	5:29

Awards

Individual:
- Army Physical Fitness Badge
- IOCT Tab

Unit:
- APFT Excellence Award
- Regimental APFT Award
- Commandant's Unit Fitness Excellence Award

Army Physical Fitness Badge (APFB)

- **Awarded to cadets for superior APFT performance.**
  - **Score 270 or above: ≥ 90 scale points on each event (Any points over 100 do not count towards the 270 points).**
- **Worn on right thigh of Army running shorts or over IOCT Tab.**
- **Retain APFB - cadet must earn once a year.**
- **Cannot take alternate/modified test.**

Indoor Obstacle Course Test (IOCT) Tab

- **Awarded to cadets for superior performance on the IOCT. Cadet must:**
  - **Score an A- or above**
    - **Men 2:38 or faster**
    - **Women 3:35 or faster**
- **Worn on right thigh of black Army running shorts under APFB.**
- **Retain IOCT Tab - pass subsequent IOCTs.**

Individual and Unit Awards

CPT Bornino

53rd Div, 2nd Floor, RM 5323

Commandant's Award

- **Awarded to 1st, 2nd & 3rd Class Cadets based on previous year:**
  - **PPSY of 3.667 or higher**
  - **All No Credits resolved**
  - **Must earn APFB on at least 1 of 2 APFTs**
  - **No alternate IOCT**
  - **Must pass the IOCT**

- **The Sword is worn on right thigh of Army running shorts or under IOCT Tab and APFB.**

APFT Excellence Award

- **275+ Unit APFT average on a record test**
- **No test Failures**
- **90% of Company must take 3 event APFT**
- **100% of Physically healthy must take the APFT**

Incentives

- **Streamer on guidon for the rest of the term**
- **1 week excusal from AMI**
- **Pass for all who tested**

Regimental APFT Award

- **Highest company average in the regiment**
- **90% of Company must take 3 event APFT**
- **100% of Physically healthy must take the APFT**

Incentives

- **Inscription on Regimental APFT Award Plaque**
- **Regimental APFT Award Certificate**
- **Company leads the regiment in BDE runs**

ommandant's Unit Fitness Award

- APFT Excellence Award earned during AY
- 90% of the company strength pass the IOCT
- 4 mile run 36 minutes no fallouts
- 100% available must run (90% of CO strength)
- No cadets enrolled in AWCP

Incentives

- "Commandant's PT Warriors" streamer
- Certificate for each participating member of CO
- Pizza Party with the Commandant
- Gold star to be worn on Gym Alpha shorts

DPE Regimental Guidance Officer

- CPT Bornino – 1st Regiment
- CPT McCausland – 2nd Regiment
- CPT Stanton – 3rd Regiment
- CPT Raymond – 4th Regiment
- Ensure each cadet gains maximum benefit from the Physical Development Program through effective counseling and mentorship